Joint venture

A majority of Canadians favour loosening the laws surrounding marijuana, a new poll has found PAGE 7

NEW-PLATE SPECIALS

FOOD NETWORK CANADA MAKES THE ROUNDS OF LONDON'S BEST DINERS PAGE 3

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Wednesday, November 21, 2012

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Council ups water, sewer bills

Public utilities. Rate increase for 2013 goes ahead as planned

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Council approved hiking water and sewer bills on Tuesday, but paved the way for what are expected to be savings down the road.

Water rates will jump eight per cent and sewer rates will grow by seven per cent, effective Jan. 1. The increase means the average homeowner will pay $58 more a year.

Costs for delivering service, including the price of water bought and pumped into the city, are rising, administrators have said. The rates — approved 9 to 4 — also will bring in money needed to chip away at a $450-million gap between revenue and the cost of replacing infrastructure.

In a separate motion, councillors voted 12 to 1 to move ahead with a new model for setting water and sewer rates. Under the formula, slated to take effect in March, a fixed rate will account for about 30 per cent of residential bills, compared to the current one per cent.

The lone "no" vote came from Coun. Stephen Orser, who is opposed to the fixed rate.

"I don't like it, never have," he said. "I believe we should pay for what we use."

The average homeowner — classified by the city as one that consumes about 15 cubic metres of water a month — will see savings of about $4 a month under the plan.

With current bills based almost entirely on consumption, city revenue has been falling for about 10 years as people conserve. Making a fixed rate a bigger part of bills is expected to address the revenue gap that has led to big rate increases such as the one approved on Tuesday, officials say.

The city had planned annual hikes of up to eight per cent through 2018. With the new formula, those are expected to end in 2016 for water, and 2017 for sewer, city engineer John Braam has said.

Other business

Also on Tuesday, city council:

- Approved hiring a consulting firm to work with a task force reviewing what city politicians are paid.
- Approved working more closely with the Ministry of Environment and residents concerned about what they call a stench being emitted from Orgaworld, a south London centre that processes organic waste.

SURPRISE!

The Toronto Blue Jays' new manager, John Gibbons, speaks to the media during a news conference in Toronto on Tuesday. Gibbons, who managed the Jays from 2004 to 2008, was not considered a managerial candidate for the current team by most observers. More coverage, page 16. NATHAN DENETTE/THE CANADIAN PRESS

NEWS 1

Vaccine season

Four flu cases so far: Health unit

The Middlesex-London Health Unit is encouraging people to get vaccinated against influenza after the season's first four cases have been confirmed.

The health unit confirmed its first two cases of influenza A on Nov. 6. There have been two more confirmed cases of influenza A since then, bringing the total to four since the surveillance season began Sept. 1.

In September and October, provincial influenza activity was low. In recent weeks, indicators have shown evidence of increasing activity in Ontario, particularly for influenza A.

The number of people getting vaccinated in Middlesex-London appears to be lower than last year, the health unit said in a news release.

For more information on vaccination clinics, visit healthunit.com.

METRO

Kininvie Road

Fire causes extensive damage in west London home

The London Fire Department is investigating after a fire caused $275,000 in damages to a Kininvie Road home.

Fire officials responded to the alarm at 8:30 a.m. Tuesday. Although the blaze was contained to the living room, there was extensive smoke damage to the rest of the house.

There were no injuries reported. METRO

For more local news, go to metronews.ca

Mayor Joe Fontana makes a presentation during council's Oct. 30 meeting at city hall. During the meeting, Fontana and seven councillors quashed an attempt to table a motion asking that he take a leave of absence. ANGELA MULLINS/METRO

'I will not stand aside,' Fontana says

Mayor renews vow to stay put. New call for him to take a leave of absence planned

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If there was any ambiguity left, Mayor Joe Fontana has cleared it up.

He's staying on as London's top municipal politician despite allegations — and an RCMP investigation — that he misused taxpayer money while serving as an MP in 2005.

"I treat the allegations that have been levied as serious, but I have not and will not allow them to be a distraction from my duties and obligations of my office," Fontana wrote in a statement posted to his website Monday night. "I will not stand aside or leave my responsibilities as mayor. I will continue to work on behalf of Londoners."

The mayor thanked his allies for rising "above the rhetoric" and staying on course.

Others, he said, "have made it challenging for us to stay focused on what is important and to our daily work schedules."

The affirmation of his stance comes as some councillors plan to revive a motion asking that Fontana take a leave until the allegations are resolved.

Coun. Nancy Branscombe failed to get the two-thirds support needed to open a similar motion for debate during council's Oct. 30 meeting.

The new call — led by Coun. Joni Baechler — is slated for the finance and administrative services committee's meeting on Monday.

At least two people on the five-member committee — Branscombe and Coun. Paul Hubert — are expected to support Baechler. That would mean enough support to push a recommendation ahead for debate at council's Dec. 11 meeting.

Even if a request for a leave of absence wins support from a majority of council, it carries no weight under the Municipal Act.

But, Hubert said, it makes an important statement and represents concerns he's hearing from the community.

"It's not about Joe," the councillor said. "It's about the role of the mayor and integrity from the mayor's office."

How they voted

The following politicians sit on council's finance and administrative services committee. Here's where they stood in an Oct. 30 vote to open debate on a motion asking that Mayor Joe Fontana take a leave of absence.

- **Fontana:** No
- **Coun. Paul Hubert:** Yes
- **Coun. Joni Baechler:** Absent
- **Coun. Nancy Branscombe:** Yes, presented the motion
- **Coun. Denise Brown:** No

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Strike. Two deals with high school teachers approved: McGuinty

Two agreements between high school teachers and their local school boards have received a thumbs-up from the government, Premier Dalton McGuinty said Tuesday.

It's a sign that more deals can be reached to save the school year from further strike action, he said.

"I'm hopeful that these agreements will act as a bit of a template for other boards around the province and this will get the ball rolling," McGuinty said.

But there are many more to go.

About 35,000 high school teachers and education workers are continuing their strike action in 28 school boards across the province. Thousands of elementary teachers have joined in, with more to come.

Within the next two to three weeks, all elementary teachers are expected to be in a legal strike position, opening the door to provincewide strike action.

McGuinty acknowledged it's a steep climb, but said the two deals act as a "beacon" to other boards and union locals.

"I don't think we should enlarge these two deals beyond what they represent, but neither do I think we should diminish their significance," he said.

Premier Dalton McGuinty
THE CANADIAN PRESS FILE

Five school boards have reached tentative agreements with high school teachers, but the government has only approved two so far.

Job action among teachers has been escalating from the initial withdrawal of volunteer activities to skipping certain tasks, such as administering standardized tests and keeping report card comments to a minimum. THE CANADIAN PRESS

Teen charged. St. Thomas boy released from hospital after throat cut

A nine-year-old St. Thomas boy whose throat was slashed has been released from Children's Hospital in London.

A 17-year-old boy made a court appearance via video Tuesday on charges of attempted murder in connection with the weekend incident.

The teen, who cannot be identified due to his age, is scheduled to appear for a bail hearing Wednesday.

Officers who responded to a 911 call at a home on Mitchell Street in St. Thomas on Saturday night found a boy bleeding badly from a large cut across his neck.

The boy was taken to St. Thomas-Elgin General Hospital and later transferred to London.

Police say the 17-year-old and the boy are both from St. Thomas and are known to each other.

CKOT/THE CANADIAN PRESS

Tuning in to a taste of London's best

Forest City food scene. Food Network Canada's You Gotta Eat Here! descends on city eateries in search of Canada's tastiest spots

ANGELA MULLINS
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Fresh, local ingredients, independent restaurant owners, and an atmosphere like your own kitchen table.

That's what's making food scenes click these days in big cities across Canada, says John Catucci. And London, well, it's got a healthy dose of all three on its menu.

"It seems like a lot of small one-off shops and restaurants are starting to open up here, which I think is really cool," Catucci said. "I think people really want that.

"I think once you have that sort of restaurant scene ... people gravitate to it, and then they become part of the community. They don't just become customers, they become family."

The comedian-turned-star of Food Network Canada's You Gotta Eat Here! is back in the Forest City this week, filming at The Early Bird (355 Talbot St.) and The Bungalow (910 Waterloo St.).

Both will be among nearly 80 eateries featured in the show's second season, which starts Feb. 15.

It brings London's picks for the show to four. Catucci and crew took to the kitchens of Relish (135 Wortley Rd.) and Prince Albert's Diner (565 Richmond St.) during Season 1.

Researchers at Lone Eagle Entertainment, a Toronto production firm, select hot eateries the show might visit and pitch them to Food Network execs.

For the show's second run, Lone Eagle also accepted nominations from palates nationwide, dubbing some restaurants "fan favourites." That's how The Early Bird — where die-hard diners have been known to line the sidewalk waiting for the doors to open — got in the mix, Catucci said.

The host has learned a thing or two about London in his multiple visits.

"You love your burgers, we've noticed that," he said, noting the variety available on local menus. "Bacon and peanut butter on a burger shouldn't work — but it really, really works."

King of foodies

"I think once you have that sort of restaurant scene ... people gravitate to it."

John Catucci, host of Food Network Canada's You Gotta Eat Here! on London's burgeoning restaurant culture.

The right stuff

John Catucci, host of Food Network Canada's You Gotta Eat Here!, has toured the country featuring locally-owned hot eateries, so he knows a thing or two about making a good diner work. He suggests three keys to success:

- Good food slathered on plates in big portions.
- A fun vibe.
- Great service with a solid connection between managers, wait staff, and customers.

Early Bird co-owner Justin Wolfe, left, and You Gotta Eat Here! host John Catucci show off the Pan Cake Stacker while filming Wednesday in the Talbot Street restaurant's kitchen. The stacker — four pancakes layered with smoked bacon, peameal bacon, potato hash, and topped with fried egg — is one of the eatery's unique dishes. ANGELA MULLINS/METRO

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American-born Knights will still get their turkey fix

U.S. Thanksgiving. Broadhurst and Liberati to continue holiday tradition with part-owner McRae before match vs. Sting

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For the two London Knights players who hail from the U.S., American Thanksgiving won't be a lonely holiday in the Forest City.

Alex Broadhurst of Orland Park, Ill., and Miles Liberati of Cheswick, Pa., will have plenty of company on Thursday.

Per team tradition, they'll head to part-owner Basil McRae's place for a festive dinner. Finn Olli Maatta and Russian Nikita Zadorov, the only other out-of-country names on the Knights roster, have received an invitation as well.

"It'll be pretty different not going home," said Broadhurst, adding he's never missed a Thanksgiving dinner in Illinois. "But, it's also pretty cool Mr. McRae does this for guys like us."

The celebration will be brief, of course, as London travels to Sarnia for a 7:30 p.m. date with the Sting. It's the first meeting of six between the two Western Conference foes this season.

The Sting, who boast a respectable 12-9-0-2 record, routinely suit up five Americans, including highly touted Montreal Canadiens prospect Alex Galchenyuk.

"I saw a little bit of Galchenyuk at the world junior camp. He was phenomenal," said Broadhurst, 19. "They have (Connor Murphy from Ohio) on D, and (Michigan native Reid Boucher), too. It's going to be a tough game."

Draft rankings

Knights on NHL Central Scouting's initial 2013 draft rankings, which were released Tuesday:

- Forward Max Domi (4th, OHL skaters)
- Forward Bo Horvat (5th, OHL skaters)
- Defenceman Nikita Zadorov (7th, OHL skaters)
- Forward Remi Elie (16th, OHL skaters)
- Goalie Jake Patterson (5th, OHL goaltenders)

American-born London Knights forward Alex Broadhurst, right, sprints toward a pylon while taking part in a 1-on-1 drill with captain Scott Harrington on Tuesday. JOHN MATISZ/METRO

Broadhurst — property of his hometown Chicago Blackhawks after being selected 199th overall in the 2011 NHL draft — is on USA Hockey's radar for the upcoming world junior tournament, though it's safe to say he is a long shot.

"It's going to be a tough lineup to crack, that's for sure. It's definitely in the back of my head all the time," said the five-foot-11, 174-pounder, who has 20 points in 23 games.

The other London-based American is a couple of years away from entering USA's world junior team selection pool. As a 1995-born player, Liberati is instead focused on getting drafted.

NHL Central Scouting released its initial rankings on Tuesday. Unfortunately for Liberati, he wasn't included on a list of the top 25 draft eligible skaters in the OHL.

"Playing here, hopefully I'll be able to expose myself more," he said. "I don't think the rankings mean too much. Especially now, it's so early."

Call Weverley Mansion's viral stars maybe

An image from Weverley Mansion retirement home's YouTube smash lip-sync cover of Carly Rae Jepsen's Call Me Maybe. SCREEN GRAB/YOUTUBE

Lately, London's Weverley Mansion retirement home has been fielding calls from California, New York City, Texas, B.C. and everywhere in between.

The people on the other end aren't residents' family and friends, though. They're strangers.

Thanks to a video posted on YouTube of elderly residents dancing and lip-syncing to Carly Rae Jepsen's infectious pop song Call Me Maybe, the Grand Avenue home has become the talk of the interweb.

"I wanted to do something that shows your age doesn't give you limits," said Weverley recreation co-ordinator Sarah Urquhart, who posted the video. "Our residents here are very young at heart. Luckily, they just trust my instincts and go with the flow if I come up with something crazy."

The song's simplistic lyrics and catchy tune made things easy for Urquhart. The hard part came after.

"It was so cute explaining the Internet to people who don't know what it is at all," she said, giggling.

Call Me Maybe Final was uploaded to YouTube on Nov. 14 with hopes of getting 1,000 hits by Christmas. As of midday Tuesday, it's been viewed by 85,000 people worldwide.

One of the video's stars was even noticed locally. "He went to go get gas and someone recognized him," she said. "They feel like little celebrities right now."

About 20 residents, mostly in their 80s, participated in the filming.

They're excited for Weverley's next foray into the music video industry. "So, we're doing another one, right?" said Urquhart, imitating a resident.

The group has plans to cover mega hit Gangnam Style on Dec. 1, she says.

JOHN MATISZ/METRO

Exclusively online

To see the video, go to metronews.ca.

Water pollution concerns

No fracking for oil, gas in Ont. unless it's safe: McGuinty

The Ontario government is warning energy companies it is not ready to allow the controversial practice called fracking to extract natural gas or oil.

Premier Dalton McGuinty says no private companies have approached the province to talk about fracking or hydraulic fracturing, which uses chemically treated water under extreme pressure in drill holes to fracture shale and release gas or oil.

McGuinty says he would want to see scientific evidence fracking is safe "before giving it a thumbs up or a thumbs down."

THE CANADIAN PRESS

Ticket sales start Friday

Beatles' Rain returns to London

Rain, the internationally acclaimed concert of Beatles' music, returns to the RBC Theatre at Budweiser Gardens on March 21.

Tickets go on sale Friday at 10 a.m. For ticket information, go to budweisergardens.com. METRO

CFL

Ticats select Guelph over London

After months of speculation, the Hamilton Tiger-Cats have reached a deal to play next year in Guelph while their new stadium is being built in Hamilton.

The Ticats' first choice was Ron Joyce Stadium at McMaster in Hamilton, but when the two sides couldn't reach an agreement, that opened the door for London.

Team president Scott Mitchell said in June there was a good possibility several games could be played at Western University's TD Waterhouse Stadium, but cautioned nothing was guaranteed.

Proximity appears to have been a major factor in the decision. AM980/AM980.CA

Forest City Gallery

Media Arts Assoc. to host event

The London Media Arts Association will engage Londoners interested in media arts on Nov. 29 at 7 p.m. at the Forest City Gallery (258 Richmond St.).

For more information, visit lomaa.weebly.com.

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Push for peace in Israel, Gaza boosts hopes carnage will end

Pact close? Hillary Clinton races to region and Netanyahu says Israel would be a 'willing partner' to a ceasefire with Hamas

A diplomatic push to end Israel's offensive in the Gaza Strip gained optimistic momentum Tuesday.

Egypt's President Mohammed Morsi predicted Israeli airstrikes would soon end.

Quoted

"Turkey is standing by you ... Israel should end its aggression immediately and lift the inhumane blockade imposed on Gaza."

Turkish Foreign Minister Ahmet Davutoglu's message to Hamas

U.S. Secretary of State Hillary Clinton raced to the region for talks.

And Israeli Prime Minister Benjamin Netanyahu said his country would be a "willing partner" to a ceasefire with the Islamic militant group Hamas.

As diplomats worked to cement a deal, a top Hamas official said a pact was close — even as relentless airstrikes and rocket attacks between the two sides continued.

The Israeli death toll rose to five with the deaths Tuesday of an Israeli soldier and a civilian contractor. More than 130 Palestinians have been killed.

Israel demands an end to rocket fire from Gaza and a halt to weapons smuggling through tunnels under the border with Egypt.

Hamas wants Israel to halt all attacks on Gaza and lift tight restrictions on trade and movement in and out of the territory.

THE ASSOCIATED PRESS

Their young world collapses: Children stand in the rubble left after an Israeli strike on a house in Gaza City on Tuesday. HATEM MOUSSA/THE ASSOCIATED PRESS

Bye bye, Blighty? EU gets the jitters over possible pullout by fed-up Britain

Goodbye Britain?

For the European Union, a once-unthinkable question is looking more like a real possibility with each new grinding week of economic crisis.

Bad times are forcing the 17 EU nations that use the euro currency to move ever closer toward some kind of United States of Europe — one that could make decisions about how much member countries spend and how much tax they collect.

And that's a nightmare for Britain.

The British public shows no interest in moving closer to the rest of Europe, and most can't even seem to stomach the status quo.

After a 2015 election, Britain — among 10 of the 27 EU nations that don't use the euro — is likely to hold a referendum on whether to leave the EU.

Even if it doesn't hold a vote, the country is already unpicking its ties with Europe, a movement that has unsettled Germany, which is eager to retain the U.K. as an important economic driver of the bloc.

"I will ask the inhabitants of the wonderful island to reflect that they will not be happy if they are alone in this world," German Chancellor Angela Merkel said in a speech in London last week.

THE ASSOCIATED PRESS

Storm clouds

The prospect of a U.K. exit from the EU alarms some British leaders who see the bloc's free market as vital to their nation's prosperity.

- **Against:** Former prime minister Tony Blair has urged Britain not to pull away, but to help build a new structure to improve Europe. "It's a very tricky task," he says. "But it's an essential one if the U.K. is not to be sidelined."
- **Also against:** Peter Mandelson, the former European Union trade commissioner, warns that going it alone would mean a waning influence for the U.K. on the global stage. Britain, he says, soon could be a "Hong Kong to Europe's China or a Canada to Europe's United States."

2011 sets a record

A boom year for carbon dioxide

Carbon dioxide reached a record high level in the air in 2011, the United Nations weather agency said Tuesday.

Concentrations of the heat-trapping pollutant in the atmosphere averaged 390 parts per million during the year. That is up 40 per cent from before the Industrial Age, the World Meteorological Organization said.

THE ASSOCIATED PRESS

Troops on move

France pulls out of Afghanistan

France on Tuesday ended its combat operations in Afghanistan, pulling hundreds of troops from a base in a volatile region northeast of Kabul and fulfilling promises to end its combat role on a faster track than other NATO allies.

After a handover ceremony with Afghan troops, 500 French combat soldiers in trucks and armoured vehicles left the Nijrab base in the Kapisa region and travelled southwest to Kabul, the capital, said a French military spokesperson.

THE ASSOCIATED PRESS

Idaho

Arrest made in relation to zoo monkey mauling

Police have arrested one of two men who they believe broke into an Idaho zoo the night a monkey there died from blunt-force trauma, but questions remain about how and why the animal was killed.

Michael J. Watkins, 22, was arrested Monday in Washington County on burglary and grand theft charges. THE ASSOCIATED PRESS

Florida

13-year-old girl dies in shooting on school bus

Miami-Dade police say a 13-year-old girl has died after she was shot by another student on a school bus.

A male student is in custody and local police say investigators are talking to him. It's not clear what prompted Tuesday morning's shooting in Homestead, south of Miami. THE ASSOCIATED PRESS

Saskatchewan. Province loosens liquor laws, but won't go the full monty

Saskatchewan is offering new liquor laws that peel back a long-held prohibition against bars serving booze at stripteases, but the rules stop short of the full monty.

The province announced more than 70 new liquor regulations Tuesday, including the move to allow alcohol to be served at striptease performances and wet clothing contests. But it won't allow full-frontal nudity and the sale of liquor to be mixed.

"Prohibition against full nudity is still going to be enforced in Saskatchewan, but we will allow some stripping, exotic dancing-type without full nudity in the province," said Donna Harpauer, minister responsible for the Saskatchewan Liquor and Gaming Authority.

Saskatchewan is the only province that doesn't allow stripping and alcohol sales.

Harpauer said the new rule brings Saskatchewan in line with New Brunswick, where genitals must be covered for men and women and women must have some coverage of their breasts. Decorative nipple coverings, commonly known as pasties, are allowed under Saskatchewan's new rules. THE CANADIAN PRESS

Lascivious legs and liquor have had a divided history in Saskatchewan, but new laws will allow the sale of alcohol alongside stripteases. GETTY IMAGES

Halifax. Another arrest made after alleged sexual kidnapping of 16-year-old

A 63-year-old Halifax man was charged Tuesday in the investigation into the alleged sexual assault and confinement of a 16-year-old boy.

John MacKean is facing a charge of sexual assault and another prostitution-related charge after being arrested Monday in Fredericton. He appeared in provincial court in Bridgewater, N.S., and was returned to custody until his case comes back to court Thursday.

Crown lawyer Lloyd Tancock said outside court that the second charge was for communicating for the purpose of obtaining sexual services from someone under 18.

Police launched an investigation in September after a woman in Upper Chelsea, N.S., reported that a barefoot teen showed up at her doorstep chained at his wrists and ankles, seeking help.

Officers later issued arrest warrants for David James Leblanc and 31-year-old Wayne Alan Cunningham. THE CANADIAN PRESS

Canucks favour relaxed pot laws

Puff popularity. New poll suggests that most Canadians agree with weaker marijuana laws, while only a small minority want them to be tougher

Legalization in Colorado and Washington State has prompted a surge in the decades-old debate over marijuana laws. A new poll suggests that the Canadian government is at odds with most citizens. ED ANDRIESKI/THE ASSOCIATED PRESS

A new poll shows a clear majority of Canadians support loosening the country's marijuana laws, a stance that seems to be starkly out of sync with the federal government's current pot policy.

According to the poll, released Tuesday by Toronto's Forum Research, 65 per cent of Canadians favour either the legalization and taxation of the drug or decriminalizing it in small amounts.

"Very few want the law to be as it is," said Forum president Lorne Bozinoff, pointing out that 17 per cent believe Canada's current pot laws should remain, while 15 per cent want tougher rules.

"Public opinion has been ahead of government on this issue for a while."

Under the Conservatives, Ottawa has veered toward harsher penalties for marijuana, increasing potential prison time and imposing mandatory jail sentences for growing six or more weed plants.

These strategies have drawn criticism from scientists and organizations such as the Brazil-based Global Commission on Drug Policy, which in March called them "destructive, expensive and ineffective."

Recent developments in the U.S., where marijuana was legalized in Colorado and Washington State in election-day plebiscites, have brought attention to the issue in Canada.

Last week, Liberal leadership candidate Justin Trudeau came out in favour of decriminalization, while leaving the door open to legalization, should he ever come to power.

Forum Research polled 1,849 randomly-selected people with a two per cent margin of error, 19 times out of 20. TORSTAR NEWS SERVICE

Persistent arguments

While the poll shows most favour relaxing marijuana laws, the issue remains divisive:

- **Nanny state.** "I think (the Conservatives) have a morally-based belief model, which is not based on evidence," said Richard Mathias, professor of public health at the University of B.C. "It is paternalism in the extreme."
- **Fools rush in.** Tom Stamatakis, president of the Canadian Police Association, said the public is too hasty to favour relaxing laws. "We don't have the tools and the training available to us now to ensure that people aren't driving cars, for example, or operating machinery, while they're impaired by marijuana," he said.

Pro-pot researchers say British Columbia could blaze its way to billions in revenue

A new study has rung in British Columbians' pot purchases at about half a billion dollars each year, and its pro-legalization researchers argue that means the province could be bringing in truly massive tax revenues.

Researchers from the University of British Columbia and Simon Fraser University sought to quantify the retail value of marijuana sold on the black market.

They looked at the price of marijuana and research that suggests more than 366,000 people in B.C. use pot to estimate the pot industry is worth between $443 million and $564 million a year.

The researchers also point to data from Washington State, which recently held a successful referendum to legalize pot, that suggests the same number of pot smokers in that state could bring in $2.5 billion in taxes over five years in a regulated system.

They say the revenues could be used to fund addiction programs and health care, similar to the new system set to be rolled out in Washington and Colorado, where the public recently voted to legalize the drug.

Lead author Dan Werb says regulation is tricky, but replacing drug pushers with the government would allow for far more control over prices and who has access to the product.

Werb and the other researchers are members of the pro-pot Stop the Violence B.C. coalition, which advocates for changes to drug policies designed to take the business of marijuana away from violent organized crime groups and reduce overall use. THE CANADIAN PRESS

Justice

No more hair-removal treatments for transgender inmate: Judge

A U.S. judge says he won't order more hair-removal treatments for a transgender inmate who won a court order for taxpayer-funded sex change surgery.

The Massachusetts judge also ruled Tuesday that the gender reassignment surgery he ordered for Michelle Kosilek in September will be on hold until the state appeals his ruling.

Kosilek, convicted in the 1990 murder of wife Cheryl Kosilek, was born male but has received hormone treatments and now lives as a woman in an all-male prison.

THE ASSOCIATED PRESS

Mourning

Russian woman keeps husband's body in apartment with her five children

Russian authorities say a woman with five children kept her husband's body in their apartment for almost three years after his death.

Prosecutors in the central Yaroslavl region said the unidentified woman, described as a devout Pentecostal Christian with a psychiatric record, was so distraught when her husband died of natural causes in 2009 that she believed he "was bound to resurrect."

An investigation was opened after the body was found in a dumpster in a plastic bag in July.

THE ASSOCIATED PRESS

Looters put on notice

Shines restaurant leaves a warning for looters on Tuesday in Long Beach, N.Y. More than three weeks after Superstorm Sandy hit the New York area, residents continue their restoration efforts in many affected areas on Long Island. BRUCE BENNETT/GETTY IMAGES

Sweden

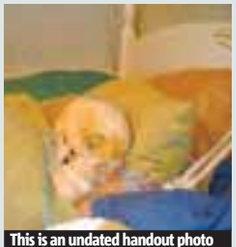
Woman charged with necrophilia

A woman in Sweden has been accused of necrophilia after investigators found some 100 skeleton parts in her apartment.

The Swedish news agency TT cites prosecutor Kristina Ehrenborg-Staffas as saying that the 37-year-old woman is suspected of using the remains, which included six skulls and one backbone, in "sexual situations."

The woman, from southwestern Sweden, was charged "with violating the peace of the deceased" in Goteborg District Court on Tuesday.

The TT agency reports that police also found a CD titled My Necrophilia as well as photographs in which a woman is seen kissing and hugging the skulls. The woman has denied the charges, claiming she collected the bones out of historical interest. THE ASSOCIATED PRESS



This is an undated handout photo showing a human skull in a bed in Sweden. SCANPIX SWEDEN/SWEDISH POLICE/THE ASSOCIATED PRESS

In this January 2011 photo, Elmo puppeteer Kevin Clash poses with the Sesame Street muppet in the Fender Music Lodge during the 2011 Sundance Film Festival in Park City, Utah. VICTORIA WILL/THE ASSOCIATED PRESS FILE

Elmo puppeteer resigns amid sex allegations

Kevin Clash. The man who created the iconic red furry puppet steps down as new underage-sex accusations surface

Quote

"Elmo is bigger than any one person."

Sesame Workshop statement
Last week the company said Elmo is not defined by one person and others have been trained as Clash's stand-in. It remains unclear who will take over the role now.

Elmo puppeteer Kevin Clash resigned from Sesame Street on Tuesday amid allegations he sexually abused underage boys, bringing an end to a 28-year career in which he turned the furry red monster into one of the most beloved — and lucrative — characters on TV and in toy stores.

"Personal matters have diverted attention away from the important work Sesame Street is doing and I cannot allow it to go on any longer," the 52-year-old performer said in a statement.

"I am deeply sorry to be leaving and am looking forward to resolving these personal matters privately.''

His departure came as a 24-year-old college student, Cecil Singleton, sued Clash for more than $5 million Tuesday, accusing the actor of engaging in sexual behaviour with him when he was 15. Singleton charged that Clash made a habit of trolling gay chat lines for underage boys and meeting them for sex.

It was the second such allegation in just over a week. On Nov. 12, a man in his 20s said he had sex with Clash at age 16. A day later, though, the young man recanted, saying their relationship was adult and consensual.

THE ASSOCIATED PRESS

McAfee hiding, blogging

Software company founder John McAfee says he's hiding in plain sight, wearing a disguise as he watches police and reporters stake out his home — and blogging about it all.

In the latest twist in the highly-publicized case, McAfee has started his own blog, in which he describes life on the lam after police in Belize called him a "person of interest" in the slaying of fellow American Gregory Viant Faull and asked him to turn himself in for questioning.

In phones interviews with The Associated Press, McAfee has never said where he's hiding. But in his blog this week, he claims to have disguised himself as a grungy street peddler and a foul-mouthed German tourist, and claims he approached an Associated Press reporter outside his staked-out home on the Caribbean island of Ambergris Caye, and almost sold the reporter a wood carving.

It's hard to separate fact from fiction in the whole account, but one thing is clear — seldom has there been more detailed coverage of someone on the lam since O.J. Simpson led police on a low-speed chase in 1994, and much of that detail is being provided by McAfee himself.

THE ASSOCIATED PRESS

This photo shows John McAfee in Belize this month. AMBERGRIS TODAY ONLINE-SOFIA MUNOZ/THE ASSOCIATED PRESS

U of T. Gene predicts time of death

It appears the Grim Reaper has a schedule to keep.

A team of scientists led by a University of Toronto neurology professor says it has discovered a gene mutation that determines the time of day a person is most likely to die.

"It's just kind of spooky. I just couldn't believe it," said co-author and Harvard University professor Dr. Clifford Saper.

The study, led by University of Toronto professor Dr. Andrew Lim and published in the November edition of Annals of Neurology, emerged from research into seniors' sleep-wake cycles.

Analyzing 1,200 people who had enrolled in another study as healthy 65-year-olds about 15 years earlier, the researchers set out to investigate why seniors have trouble sleeping and whether they could identify signs of oncoming Parkinson's or Alzheimer's disease.

But the study changed tack when Lim discovered a link between sleep patterns and variations in "Period 1," the gene that plays a major role in the internal biological — or circadian — clock.

Quoted

"No ... I'll let it be up to the fates."

Dr. Clifford Saper, Harvard University professor
He says he will not take the simple test that would show what time of day he is most likely to die.

The team found that people who report waking early in the morning (before 7 a.m.) are more likely to have an adenine (A-A) nucleotide base. Late-risers, on the other hand, are more likely to have a guanine (G-G) nucleotide base. Those who wake up somewhere in the middle have both (A-G).

Having made the link, Lim then wondered whether the mutation played a role in death, so he went back to the database and cross-compared times of death and DNA from those who had passed away. Like sleep, he discovered a circadian rhythm of death.

Barring accidental causes, early risers (A-A's and A-G's) are more likely to die at around 11 a.m., while late risers (G-G's) will more likely hold out until around 6 p.m.

"It is a bit disconcerting that something as fundamental as the time one is likeliest to die can be influenced by a simple gene variant," said Lim in an email, adding that 17 per cent of people with the G-G variation died an average of six hours later than others.

TORSTAR NEWS SERVICE

PM's associates.
Bribery charges laid against key players in U.K. media scandal

Two former confidants of Britain's prime minister have been charged with conspiring to pay public officials in exchange for stories and information — the latest development in the country's establishment-shaking scandal over media malfeasance.

Britain's Crown Prosecution Services said former tabloid editors Andy Coulson and Rebekah Brooks were among five people being charged with conspiracy to commit misconduct in public office. Prosecutors said Brooks, a neighbour, close friend, and political ally of Prime Minister David Cameron, conspired with journalist John Kay to funnel as much as $160,000 to a Ministry of Defence employee in return for a stream of stories that were published in Rupert Murdoch's The Sun newspaper.

The prosecutors alleged Coulson, who until last year served as Cameron's top press aide, conspired with journalist Clive Goodman to pay officials for access to a royal phone directory known as the Green Book. THE ASSOCIATED PRESS

Rogue UBS trader gets 7-year sentence

London trial. 'There is a strong streak of the gambler in you,' judge tells man who lost $2.2B

A rogue trader who lost $2.2 billion US in bad deals at Swiss bank UBS was sentenced to seven years in prison Tuesday after being convicted in what prosecutors called the biggest fraud case in U.K. banking history.

Ghanaian-born Kweku Adoboli, 32, exceeded his trading limits and failed to cover his losses, allegedly faking records to hide his tracks at the bank's London office. At one point, Adoboli risked running losses of up to $12 billion US.

"There is a strong streak of the gambler in you," Judge Brian Keith told Adoboli. "You were arrogant to think the bank's rules for traders did not apply to you."

Adoboli wiped away tears as Keith handed down his sentence.

A conviction for fraud carries a maximum jail term of 10 years. The 10-person jury at Southwark Crown Court in London found Adoboli guilty of two counts of fraud and innocent of four other false accounting charges.

Kweku Adoboli arrives at Southwark Crown Court in London on Nov. 15. On Tuesday, the former UBS trader was found guilty of two counts of fraud. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Adoboli ran into trouble dealing in exchange-traded funds, complex financial products that track stocks, bonds and commodities. Adoboli admitted the losses, but said he was pressured by staff to take risks. He also testified last month that he had been trying to help UBS survive after it amassed losses of $52 billion during the 2007-2008 global financial crisis.

"There were times we thought there was no way the organization would survive," said Adoboli, who joined UBS as a trainee in 2003 and rose quickly to become a senior trader. "I grew up with UBS. I felt very loyal to UBS."

Det. Chief Insp. Perry Stokes of City of London Police, who led the investigation of Adoboli, had a different view, believing the trader's motive was "to increase his bonus, his status, his job prospects and his ego."

"Adoboli was a sophisticated fraudster," Stokes said. "He was one of the most accomplished fraudsters that I've seen in my time investigating serious fraud."

After questions were raised about his trading, Adoboli walked off the job and sent an email to colleagues saying what he had done. THE ASSOCIATED PRESS

Research in Motion

Analyst gives BB10 improved odds

Prominent tech analyst Peter Misek of New York-based Jeffries & Company is giving Research In Motion's new BlackBerry 10 operating system an improved chance of success in the competitive smartphone market when it launches in early 2013. He now says the system has a 20 per cent to 30 per cent probability of success. THE CANADIAN PRESS

Market Minute

DOLLAR 100.27¢ (-0.07¢)

TSX 12,046.28 (+5.88)

OIL $86.75 US (-$2.53)

GOLD $1,723.60 US (-$10.80)

Natural gas: $3.84 US (+12¢)
Dow Jones: 12,788.51 (-7.45)

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ON THE ORIGIN OF MIDLIFE CRISES

JUST SAYIN'
Paul Sullivan
metronews.ca

There's more evidence to prove that homo sapiens is descended from apes.

According to a study involving 500 great apes published in the, ahem, Proceedings of the National Academy of Sciences, chimpanzees and orangutans experience a midlife crisis, just like us.

It's just more difficult to tell, as an ape with angst is unlikely to purchase a Porsche.

I knew it was hereditary! For all we know, it's as universal as life itself: Birds do it, bees do it, even educated fleas … if you're alive, you know the exact moment when you're over the hill.

Monkey business

"That's not great news if you live in a zoo, because you can expect to live to 50. That's 15-25 years of same-old, same-old: Monkey chow three times a day, stupid children banging on the glass while their parents take flash photos, and Bonzo over there keeps trying to horn in on your harem."

For humans, it's traditionally 45-55. Chimps turn into chumps around 27 or 28 and orangutans get the memo at about 35.

That's not great news if you live in a zoo, because you can expect to live to 50. That's 15-25 years of same-old, same-old: Monkey chow three times a day, stupid children banging on the glass while their parents take flash photos, and Bonzo over there keeps trying to horn in on your harem.

Of course, this could be more of a comment on the apes' handlers than on the apes themselves, as they were asked to fill out the forms documenting the general mood of their apes, the joy their charges gained from socializing and how would they feel if they had to be an ape for a week.

After a very bad day of putting up with banana breath and monkeyshines, it's only human for a handler to project his or her feelings on the nearest living being, even if said being is more interested in another banana than anything else.

Whatever, the good news is that it gets better.

Just when Bonzo's grinning mug makes Cheetah want to throw his feces, he begins to realize that three squares ain't so bad. After all, he could still be stuck in some jungle in Botswana, dodging lions and poachers, rooting for termites with a stick.

This is roughly analogous to the process of acceptance in humans.

If we survive our midlife crisis without pitching our feces around the office or getting caught surfing NSFW on the Internet, we can look forward to increasing happiness that reaches its peak around 70.

Of course, there are good reasons old guys are happy. They get there early before the lineups. Plus they get the seniors' discount.

The bottom line: If you're feeling like the pack has passed you by, it has less to do with your sorry circumstances and more to do with your hormonal imbalance.

Just hang on.

Primate Prime Time is about to begin.

I'm not monkeying around — apes experience a midlife crisis, too. IAN WALDIE/GETTY IMAGES

Royals' site causes security concerns

SAC FAYE STORER/MOD/WWW.DUKEANDDUCHESSOFCAMBRIDGE.ORG/THE ASSOCIATED PRESS

Tea-d off

Duke and duchess revamp website

This is an undated handout photo issued by the Duke and Duchess of Cambridge's website on Tuesday of Britain's Prince William making a cup of tea while working as a helicopter search and rescue pilot at RAF Valley on Anglesey, Wales.

Many of the exclusive pictures that gave an insight into the life of the flight lieutenant in Wales at his day-job as a Search and Rescue (SAR) pilot had to be taken down hours after they were posted due to security concerns.

The pictures offered a rare look into the typical day in the life for Prince William in his work flying RAF Sea King helicopters from their base at RAF Valley on Anglesey, north Wales — from planning and preparing for any emergency callout to resting with his colleagues during downtime.

But the images also included unclassified user names, passwords and computer screens. Britain's Ministry of Defence said in a statement Tuesday that passwords and user names were reset as a precaution and that the photos were reissued. THE ASSOCIATED PRESS

Shift work

24 hrs

The latest post on the website detailed Prince William's typical schedule of a 24-hour shift as a pilot.

When duty doesn't call

- The site reveals that Call of Duty is a favourite among Prince Will and his friends.
- On Wednesday even more photos will be posted — this time by the Duchess — of the trip she and Will took to Asia in September.
- Will's current tour will end by fall 2013, and at that time he is set to decide if he wants to stay on for a few more years.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you afraid Canada could fall off the "fiscal cliff" along with the U.S.?

Twitter

@kaystarxo:
The moustaches around #fanshawe are looking dirty as ever ! Keep up the good work boys @ FanshaweCollege

@KatTschirhart:
I must say my #fanshawe sweater is by far my most comfy sweater #happy #hoodies #love

@outtamywaystool:
Want a glimpse of heaven? Go to the bulk store. So many old people and delicious treats.

@MCARTER82:
Joe Fontana should just go now....#ldnont

@OliverHobson2:
Hope Baechler & Hubert get majority needed. If Fontana still doesn't step down, down tools so he can't pursue a self-serving agenda #ldnont

metro

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The long awaited screen adaptation of The Life of Pi finally arrives in theatres this weekend. HANDOUT

Ocean's raw power inspires, creates cinematic awe in Pi

New release. Life of Pi joins a long list of films who have used the beauty and the beast of the blue as a wild backdrop

IN FOCUS
Richard Crouse
scene@metronews.ca

Joseph Conrad wrote of the ocean's awesome power: "The sea has never been friendly to man."

Less eloquent is this quote from Beauty Queens by Libba Bray: "You can't believe how bleeding scary the sea is! There's, like, whales and storms and s—t!"

Not to mention killer whales, giant waves and even H-bomb mutated giant octopuses!

The ocean and its power has been challenging cinematic sailors for decades.

From the early screen adaptations of Moby Dick to the crazy sea monsters of 1950s B-movies to this weekend's The Life of Pi, based on the megahit novel by Yann Martel, the ocean has provided a wet and wild backdrop for Hollywood.

Pi's story of a boy set adrift on the ocean in a lifeboat with only a tiger for a companion is a coming-of-age story that uses the sea as a metaphor. Most films are more literal.

Orca proved there was very little killer action in this flick. HANDOUT

The giant wave that capsizes the ship in The Poseidon Adventure was no metaphor, it was a terrifying display of the ocean's power, even if it was filmed using a 21 foot 6 inch long miniature ship in a 300 by 350 foot water tank on a Hollywood stage.

Filmmakers have often looked to sea creatures for inspiration. Everything from LOTR: Fellowship of the Ring to Sharktopus features fantasy monsters unleashed by the deep. One of the best-known B-movies of the 1950s is It Came From Beneath the Sea, the story of a giant octopus awakened by the radiation from H-bomb tests.

The film was so low budget, special effects wizard Ray Harryhausen cut corners by building his octopus model with six rather than the usual eight tentacles. To cover his cheat, he posed the creature so viewers couldn't count the arms.

Finally, Orca, the best known of the killer whale movies, shows a much more real threat.

Or does it?

The joke is that killer whales aren't all that dangerous — to humans anyway.

"There has never been a substantiated case of an orca killing a man," wrote Outside magazine's Tim Cahill, "despite the 1977 movie Orca, in which a killer whale seeks revenge on Richard Harris by eating all his co-stars. The movie was so silly, unscientific and unbelievable that one critic suggested Harris fight a duel to the death with his agent for getting him the role."

The Poseidon Adventure used the ocean's terror as a driving force in the film. HANDOUT

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Reviews

Red Dawn

Starring. Chris Hemsworth, Adrianne Palicki

Director. Dan Bradley

The original Red Dawn was such a product of the Cold War paranoia that remaking it seems doomed for failure. Spokane, Wash., is the target of an invasion that leaves a group of students in the surrounding hills launching guerilla-style assaults. A cyber weapon knocks out communications, ensuring that nothing modern is going to creep into this do-over that follows the original's plot points to a T. The cast are likeable and some of the action sequences are thrilling. But changing the invaders from Chinese to North Korean in post-production leaves gaps in the story and does little to boost the inanity of the plot. **IAN GORMELY**

Reviews

Life Of Pi

Starring. Suraj Sharma

Director. Ang Lee

Based on Yann Martel's megahit 2001 novel, Life of Pi stars Suraj Sharma as Pi Patel, a 16-year-old boy set adrift on a lifeboat after the freighter his family was taking from India to a new life in Canada sinks. His companion is Richard Parker, a Bengal tiger, and refugee from the Patel family zoo. The metaphorical and introspective story is complimented by many startlingly beautiful images and a spiritual undertow. Despite drifting off course from time to time with some ill advised magic realism and some repetition, Lee for the most part steers the story into safe, comforting waters. **IAN GORMELY**

Reviews

Rise of the Guardians

Starring. Alec Baldwin, Hugh Jackman

Director. Peter Ramsey

A wacky adventure that casts legendary characters like Santa Claus and the Easter Bunny in some sort of superhero squad, Rise of the Guardians may be kitschy, but the storyline never quite gels amidst its frenetic, plentiful 3D-action.

While the tale of these icons defending the innocence of adolescents from the Bogeyman seems earnest enough, the film feels like a forced renovation on famous folklore for today's toddlers. **STEVE GOW**

Reviews

The Silver Linings Playbook

Starring. Bradley Cooper, Jennifer Lawrence

Director. David O. Russell

Like his previous The Fighter, The Silver Linings Playbook is a conventional genre film (in this case a rom-com) pumped up with shrill, melodramatic acting. The goal is to win Oscars, and while Jennifer Lawrence may get there for her manic-depressive-pixie-dream girl,

Bradley Cooper — as the bipolar object of her affections — is out of his depth. The film's mixture of screaming hyper- realism and trite narrative contrivances does grow slightly more palatable as it goes along, but the overall effect is still unappetizing. **STEVE GOW**

London

Hyland Cinema

Life of Pi (PG) Wed-Thu 1:05-3:40-7:10-9:50

Wellington 8 Cinemas

Life of Pi 3D (PG) Wed-Thu 5:30-8:25
Red Dawn (PG) Wed-Thu 5:25-8:35
Rise of the Guardians 3D (G) Wed-Thu

Cineplex Odeon Westmount & VIP Cinemas

Life of Pi 3D (PG) No Passes Wed 1:25-7:15-10:20 No Passes Thu 7:15-10:20
Silver Linings Playbook (14A) Wed 1:20-6:40-9:35 Thu 6:40-9:35

SilverCity London

Life of Pi 3D (PG) No Passes Wed 1:05-4-7-10:05 No Passes Thu 1:05-4-7-10:10
Rise of the Guardians (G) No Passes Wed-Thu 12:50
Rise of the Guardians 3D (G) No Passes Wed-Thu 3:10-5:30-7:50-10:20

Whisked away to Wales contest
In anticipation of the world premiere of Liz & Dick, enter for your chance to win a five-night trip to their beloved Wales.
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No purchase required. Contest runs from November 5, 2012 to December 16, 2012. Entries must be received by December 16, 2012 at 11:59:59 p.m. EST. There are a total of 10 prizes available to be won: (i) One 5 night, 6 day trip for 2 people to Wales (approx. retail value up to $7,500) and (ii) 9 copies of The Richard Burton Diaries (approx. retail value $35 each). Skill testing question required. Open to Canadian residents who are the age of majority in the province or territory of residence at time of entry. Excludes Quebec residents. Odds of winning depend on number of eligible entries received. Limit one entry per e-mail address per 24-hour period. For full rules and entry details visit http://americas.visitwales.com/lizanddick

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Disney's Magic Europe

Starting June, 2013, the Disney Magic cruise ship sails to new ports in Turkey and Italy. Disney Cruise Line partners with local tourist companies to deliver unique family oriented Port Adventures. These pre-booked excursions include activities for the whole family. The Magic will have four, seven, and 12 days sailings to the Mediterranean this summer.

STORY AND PHOTOS: KATHY BUCKWORTH
life@metronews.ca

Turkey

A scavenger hunt in St. John Basilica has guests following clues and finding treasures to help an archaeologist (actor) solve a puzzle, while touring this ancient church, home to St. John the Apostle's burial spot. The hunt continues in the ancient Roman city of Ephesus, where groups can speak with a real archeologist to learn the art of a "dig" and look for treasure. A lunch tour features Grecian gowns for guests to wear as they eat typical Roman food, meet Cleopatra and judge an epic battle between two gladiators. Disney gives parents the opportunity to shop in Sirince, while kids are given a lesson on how to make typical glass bead bracelets or necklaces. A trip to the traditional Turkish Bath is also organized.

Rome

Every Disney Mediterranean cruise stops in Rome, and most cruisers want to hit "the big five." The Vatican (museum), St. Peter's Basilica, the Coliseum, the Pantheon and the Trevi Fountain. There are a variety of port excursions to choose for these. Other Port Adventures include the Gallerie Borghese and Teatro del Burattino. Unique to Disney, a puppet show in English delights the kids while parents grab 45 minutes of shopping (or a quick gelato) at the nearby Spanish Steps. Kids are supervised by youth counsellors from the ship; parents are welcome to stay. An adult-only activity is offered at the ArtStudio Café to create mosaic art under the direction of one of Rome's premier artists, while enjoying wine, local cheese and cured meats.

Venice

Venice is the only overnight stop on the 12-day cruise. Developed for kids, Venetian mask making is proving to be popular for families. Guidance is provided by professional mask makers as guests paint and decorate a unique souvenir. The Canottieri Bucintoro rowing club will take guests aged 16 and over for a unique three hour opportunity to learn how to row like a Gondolier in the waters of Venice. Participants are awarded a certificate in "voga veneta", as well as prosecco and snacks. Venice's most famous landmark, the Doge's Palace, is made available for a private tour after hours, and in true Disney style, a special reception at the end of the tour is hosted by Disney Princesses, who come ashore from the ship.

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Roasted Vegetable Quiche offers a hint of delicious cheesy indulgence

Roasted Vegetable Quiche

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

This simple, colourful quiche is jammed with seasonal vegetables and has just enough rich Gruyère to make it taste indulgent.

But the most indulgent aspect of this recipe is that it can be prepared and baked the day before your next family dinner, meaning you have one less dish to worry about on the day of.

Just pop it into a 300 F oven for 10 to 15 minutes to warm right before serving.

1. Heat the oven to 400 F.

2. In a large bowl, toss together the red pepper, red onion, sweet potato and zucchini. Add the olive oil, rosemary, salt and pepper, then stir to coat. Spread the mixture on a rimmed baking sheet and roast for 30 minutes, or until the vegetables are tender and beginning to brown. Remove the vegetables from the oven.

3. Reduce the heat to 350 F.

4. If it isn't already, fit the pie crust into a pie pan, crimping the edges as needed. Place the pie shell on a baking sheet and add the roasted vegetables. Top with the cheese.

5. In a medium bowl, whisk together the eggs and the half-and-half. Pour over the cheese and vegetables. Bake for 45 minutes, or until slightly puffed and set in the middle. Allow to cool slightly before serving.

THE ASSOCIATED PRESS

Ingredients

- 1 red bell pepper, cored and diced
- 1 small red onion, diced
- 1 small sweet potato, peeled and diced
- 1 medium zucchini, diced
- 1 tbsp olive oil
- 1 tbsp minced fresh rosemary
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1 prepared raw 9-inch pie crust
- 3/4 cup shredded cheese
- 6 eggs
- 1 cup half-and-half

Drink of the Week

No. 11

We're not sure why it's called No. 11 but this drink combines bitters with honey and vanilla for a very unique combination.

- Dash Angostura bitters
- 1 bar spoon of honey syrup
- 2 oz vanilla bean bourbon

Stir the Angostura bitters, honey syrup and vanilla bean bourbon; strain into a glass with ice and garnish with three brandied cherries.

METRO WORLD NEWS/JOHN MCCARTHY, WHITEHALL BAR AND KITCHEN IN NEW YORK

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To market, to market to land a new gig

Create your dream career. How to break into the marketing field without a business degree

JUSTINE ABIGAIL YU
TalentEgg.ca

More than the degree, employers want to see that you can apply yourself creatively, so step up and show them something different.. ISTOCK

"You're an artsie, you're an artsie, you're an artsie overjoyed… but you'll always be an artsie and you'll never be employed!"

Or so the chant goes. This was one of the playful taunts that would be hurled at us arts students back in university.

I studied political science and sociology in my undergrad and one question I always used to get from family and friends was, "What are you gonna do with that?"

Well, let's just say I turned it into a blossoming career (modesty aside) in communications and marketing for the non-profit sector. It's not quite the traditional or linear route, but is there ever such a thing in life?

I first broke into the industry back in 2009 with a winning combination of great timing, determination, and good ol' fashioned hard work.

Social media (now part and parcel of marketing and communications) was just beginning to blow up in the non-profit world and I somehow nabbed myself a social media internship at an international development organization. Since then, I've worked in communications and marketing positions with non-profits and businesses alike. So how do I do it even without the degree?

Hit the books

A lot of what I've learned has been self-taught. I hit the books and the blogs to learn about basic marketing principles and to keep up with the latest social media trends.

It's something that I haven't stopped doing since I entered the field. In the fast-paced technological world we live in today, it's essential to keep up with the latest trends to keep your edge.

Be a Jack of all trades and a master of one

Who ever said that this had to be an either/or option? I honestly believe that in today's world, it's not enough that you just specialize in one thing and one thing alone. You've got to have a wide and diverse set of skills to thrive in this dynamic and often uncertain economy.

That's why I continually build on my skill set, learning the basics of coding and Photoshop while exploring new tech tools available. Trust me, there is great value in this versatility and being someone that your employers can always count on ain't a bad thing!

Leverage that arts degree

I didn't go to business school and I don't have a marketing or communications degree, but my background as an arts student has equipped me with skills absolutely vital in this field. I've leveraged the analytical, research and communication skills that every arts student has mastered (or at least should have mastered) after four years of undergrad.

Dream it, be it

"Live and breathe the position you want to see yourself in and present yourself as such."
Justine Abigail Yu

Network, network, network

When I first started, I networked like crazy. In fact, I still do and you should too. Attend industry events and connect with all kinds of professionals more experienced than you. Set up informational interviews to really immerse yourself in the field and extract as much knowledge and information from them as possible.

Market yourself

What kind of marketer or communicator would you be if you couldn't even sell yourself, right? Build your personal brand and carve a niche for yourself. Find a way to set yourself apart from the rest of the crowd. I've done that by making a home for myself on the Internet and giving an alternative to that boring old text-based resumé.

Fake it 'til you make it

The rest is what I like to call faking it 'til you make it. For a while, you'll feel like a bit of a sham working in the field without the degree or experience (I know I did!), but trust me, that stuff is overrated. Live and breathe the position you want to see yourself in and present yourself as such. Learn the ropes, work relentlessly hard, make those connections and before you know it, you've broken into the industry and are probably rocking it without even realizing it.

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Student voice

How far must we go to get a foot in the door?

Eric Bodourian
Student
Environmental Geosciences
Brock University
TalentEgg.ca

I have had such little luck looking for work.

I originally graduated with a three-year diploma in chemical engineering technology in 2008, but I was unable to find a position. I then decided to return to school to complete my undergraduate degree in environmental geosciences.

I have spent the last year or so testing the market for what is available in terms of internships, full- or part-time work and volunteering, and I have not been able to make any sort of impression.

I have even resorted to emailing and writing letters to consulting companies and other various firms, telling them I would be willing to work for free. This generated a tepid response at best.

I have been to some of the job forums in Toronto recently, including the Green Jobs Forum, and I tried making connections with some of the lecturers and professionals who I felt shared the same interests as I do. It has been the same story: I cannot seem to get any further along the way of landing even an unpaid internship.

I have emailed, called and left voicemails for potential employers just for the purpose of asking some questions and maybe getting some information about their job outlook, but I have come up far too short.

I have spent more than six years in post-secondary institutions and I cannot get an employer to take a second look at me and offer me at least an interview.

I am frustrated as I am unemployed and scheduled to start paying back my student loan this month.

Help!

What I'm doing now

I am currently taking correspondence to finish up my B.Sc. I spend at least four to five hours a day trying to build my resumé and applying for jobs, internships and volunteer work. I have not even been able to find any sort of work-related volunteer positions.

My advice for employers, schools and career centres

I would recommend that employers take more of a chance on new graduates. They do not need to even pay us, but in terms of allowing us access to the experience and resources we need to start our careers, that would be a big bonus. I would also suggest that school career centres could be of more help, but from my understanding, even the professors are having trouble finding internships for a lot of the students that are requesting them.

My advice for students

All I would say is that you need to try to utilize all the resources you can. It also seems to be better to make as many contacts as possible.

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Guess who's back? Jays bring in Gibbons

MLB. Crazy week in Toronto takes another wild turn with hiring of former manager

Newly reinstated Blue Jays manager John Gibbons speaks to members of the media in Toronto on Tuesday.
NATHAN DENETTE/THE CANADIAN PRESS

In one of the most hectic 24-hour periods in team history, the Toronto Blue Jays saved the biggest surprise for last.

Hot on the heels of having their mammoth 12-player trade with the Miami Marlins approved by Major League Baseball and finalizing a contract with controversial free-agent outfielder Melky Cabrera, the Blue Jays unexpectedly named John Gibbons as their new manager Tuesday.

Gibbons returns to the Toronto dugout after managing the Blue Jays from 2004 to 2008.

"This came as a big surprise to me," Gibbons said at a Rogers Centre press conference. "It's really a thrill and an honour to be back. I never would have guessed that this could happen."

Gibbons, who had a 305-305 record in his first stint with the Blue Jays, says he has some unfinished business to take care of in a city starved for a winner.

"We did a lot of good things while I was here, but nothing great," he said. "I think something good is going to happen here."

Gibbons, 50, became manager of the Blue Jays in 2004 when then-general manager J.P. Ricciardi fired Carlos Tosca.

He was eventually fired in June 2008 and replaced by Cito Gaston, who had led the team to World Series championships in 1992 and 1993.

"It has happened fast," Gibbons said of being hired for a second stint. "I am thrilled to be back. It's always good to see some old friendly faces."

And with the player moves the team made in the last week, he's excited to get a second chance.

"There are too many good baseball people who are running things and putting it together," Gibbons said. "It's going to happen, so why not be there when it does?"

Those people are led by general manager Alex Anthopoulos, who stunned the baseball world last week when word leaked that the Blue Jays and Marlins had agreed to a trade that saw Toronto acquire all-star shortstop Jose Reyes and pitchers Josh Johnson and Mark Buehrle.

He followed that up by signing Cabrera to a two-year deal worth $16 million US.

"The front office has put together a legitimate, contending-type team," said Gibbons, who ranks third all-time in victories with Toronto. "Now it's the manager's job and the coaching staff's job to pull it together as a team and get the most out of these guys. That's our No. 1 job."

THE CANADIAN PRESS

Quoted

"From my standpoint, I don't have any stronger belief that this is the right guy to lead this team."

Blue Jays general manager Alex Anthopoulos, on hiring John Gibbons

Clubhouse controversy

John Gibbons' best year in Toronto came in 2006, when the club went 87-75 to finish second in the AL East — the same season he had well-publicized blowups with players Shea Hillenbrand and Ted Lilly.

- Gibbons said he regrets the physical altercation with Hillenbrand, but Anthopoulos defended him and said if you can't play for Gibbons then you can't play for too many guys.
- "I've always rooted for this organization. They gave me my first shot to be a big-league coach and a big-league manager," Gibbons said.

CFL

Ticats making move to Guelph during stadium construction

The Hamilton Tiger-Cats will play their CFL home games next season at the University of Guelph while their new stadium is being built, says team president Scott Mitchell.

The university stadium only has 7,500 seats currently and Mitchell couldn't say yet exactly how many might be added next year. But he insisted there should be enough to accommodate all season-ticket holders in some fashion.

THE CANADIAN PRESS

CFL

Accolades pile up for Argos' Owens

Chad Owens has reached another high point in his stellar season after winning the CFL offensive player of the week award for his role in leading the Toronto Argonauts to a berth in the 100th Grey Cup.

The Toronto slotback registered a club playoff record 207 yards on 11 receptions in the Argonauts' 27-20 win over the Montreal Alouettes in the East Division final on Sunday. He had a 70-yard reception early in the third quarter that set up a momentum-grabbing touchdown for Toronto. THE CANADIAN PRESS

Argos slotback Chad Owens
TORSTAR NEWS SERVICE FILE

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Engine

Unchanged is the 268-horsepower 3.5-litre V6, although Toyota has tweaked the engine and installed an updated six-speed transaxle (with a quicker-shifting sport model selector) for improved fuel economy. Although you may have heard about an Avalon hybrid, that model is just destined for the U.S. right now.

The engine is a 3.5 litre V6 with 268 horse power.

2013 Toyota Avalon

- **Type.** Four-door, front-wheel drive, full-size entry level sedan
- **Engines (hp);.** 3.6-litre DOHC V6 (268),
- **Transmission.** Six speed automatic.
- **Base price (incl. destination).** $38,500-$40,500

Design

Overall, the look is more youthful and dramatic, especially the dual grille in front and the sweeping roofline that flows into the rear deck. More importantly, the Avalon now puts more distance between it and the smaller, less-luxury-oriented Camry from which it was spawned. This is a handsome car.

Suspension

The Avalon's suspension has also been beefed up with thicker anti-sway bars and stiffer springs for greater ride control. The electronic power steering system now has had some of its previous numbness dialed back. All of this is good news for a brand that has been previously criticized for its 1970s-era mushy handling traits.

Review. Lose the Lexus and save with the stylish new Avalon

MALCOLM GUNN
Wheelbase Media

As competent as the 2013 Avalon is, the car has traditionally walked a fine line between its spot as Toyota's top-level sedan and the entry-luxury Lexus ES that is a portal to Toyota's upmarket division.

That situation isn't likely to change for the 2013 model year with the arrival of the next-generation Avalon. Fortunately, however, the big sedan no longer dwells in the Camry's shadow, where it has performed in relative obscurity since its 1995 model-year arrival. The all-new edition receives more defining sheet metal courtesy of Toyota's Calty Design Research Division.

The Avalon's new and radically different sheet metal translates into a larger appearance, which is entirely illusionary, since the car is slightly thinner than the 2012 version.

The new Avalon rides on the same basic platform and maintains the same distance between the front and rear wheels, yet the additional use of high-strength steel has helped reduce overall heft by a claimed 55 kilograms.

There shouldn't be any criticism leveled at its redesigned interior with its concave-shaped dashboard that exudes luxury. Leather-covered seats with improved side bolstering are standard, as is a large and legible touch-screen panel. Add a total of 10 standard airbags to the mix and you almost have to wonder why anyone would head over to the Lexus store for their premium sedan fix.

Here in Canada, the Avalon will be available in two trim levels beginning with the XLE ($38,500), followed by the Limited, which costs about $40,500.

Most importantly, however, Toyota's flagship should appeal to a wider audience that has likely passed on previous versions for their general lack of personality and for those who actually like to drive. Not anymore.

The front view shows off the new dual grille.

The Avalon's dashboard is futuristic and luxurious.

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DRIVE

A clean filter means a healthier vehicle

A clogged up air filter can damage your vehicle. HANDOUT

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Change your vehicle's filters and breathe a little easier

JIL MCINTOSH
drive@metronews.ca

Clean air is always a must, especially when it comes to cars. Your vehicle contains air filters, which should be changed periodically to maintain your engine's health, as well as your own.

All engines use air filters, which remove dirt and particles before they can enter the combustion chamber. Most new cars also contain cabin filters, usually located in the dash behind the glove box, which clean the air in your heating and cooling system as it circulates.

"If you've left (the filter) for two years or more, it can become clogged," says Michael Minialoff, manager of automotive parts for Canadian Tire. "Not only do you not get effective heat, but your defroster won't work as well as it should, and ventilation will be compromised."

The filter handles fresh air that comes in through exterior vents, as well as that which recirculates from the cabin through the heating and air conditioning ducts.

"It's kind of shocking how much debris can end up in there," Minialoff says. "The air inside your vehicle can be up to six times dirtier than the air outside, with road dust, debris, pet hair, pollen, or anything that could be floating around. These are paper filters and they should be changed about once a year or every 24,000 kilometres."

Your engine also contains an air filter, and it's a very important one. Gasoline must mix with air before it will burn, and for every litre of fuel, your engine will use 10,000 to 12,000 litres of air. All of this air is filtered to prevent dirt from entering and possibly damaging the engine.

Engine filters used to be made primarily of paper and were often checked by holding them up to a light — if the light didn't shine through, the filter was clogged and needed replacement. Today's filters contain several types of materials. "This changes the opacity, so holding it up to a light really doesn't tell you anything," Minialoff says. "It should be changed following the recommended guidelines, either in your owner's manual or on the filter box."

Air filters should be changed more frequently if you regularly drive on dusty roads, in stop-and-go traffic, travel only short distances when your engine doesn't fully warm up, or if you're pulling a trailer or hauling heavy loads.

Tips

- **Seats.** Some premium vehicles have air-conditioned seats. These may contain small filters, which should be changed when recommended.
- **Follow manual.** Replacing a cabin air filter isn't difficult and instructions can be found in your owner's manual or on the filter box.
- **Replace if need be.** Change your engine air filter when recommended: A dirty one will affect your fuel economy.

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Horoscopes

Aries
March 21 - April 20
Life is good and about to get even better. You can't quite believe that? Well, you will when you begin to see that everything is going your way at last. Keeping a positive attitude is easy when so many positive things are happening.

Taurus
April 21 - May 21
The atmosphere at work may be less than harmonious today but don't make a big deal of it. Some of your colleagues are going through difficulties at the moment but it isn't your fault, so don't take it to heart.

Gemini
May 22 - June 21
Why are you still hung up about what a certain person said? Why can't you let it go? Maybe it's because you recognize there was an element of truth in it. So what? You never claimed to be perfect.

Cancer
June 22 - July 23
If you allow too many thoughts to run through your head today, you will be easily confused. That, in turn, will lead to mistakes. Focus on the one thing that matters. More than one and you may mentally exhaust yourself.

Leo
July 24 - Aug. 23
With the Sun beginning its transit of the most dynamic area of your chart, you honestly believe that all things are possible — and they are. Don't let anyone tell you that your dream is unattainable. They're wrong.

Virgo
Aug. 24 - Sept. 23
The harder you have worked in recent weeks, the more you will need to relax a bit now. Spend time with your family and loved ones and don't think you have to do everything yourself. You've done enough.

Libra
Sept. 24 - Oct. 23
Do what feels right to you today and don't worry in the slightest if other people disagree with you. They have no right to dictate what you should think, say or do — and you have a right to be yourself.

Scorpio
Oct. 24 - Nov. 22
Make sure you keep a smile on your face over the next 24 hours. You have important matters to deal with and the burden you bear is considerable, but you'll bear it better if you think and look happy.

Sagittarius
Nov. 23 - Dec. 21
Everyone knows what you are capable of so you don't have to prove yourself in any way. Having said that, cosmic activity in your birth sign means you want to put on a show. Make it the best show.

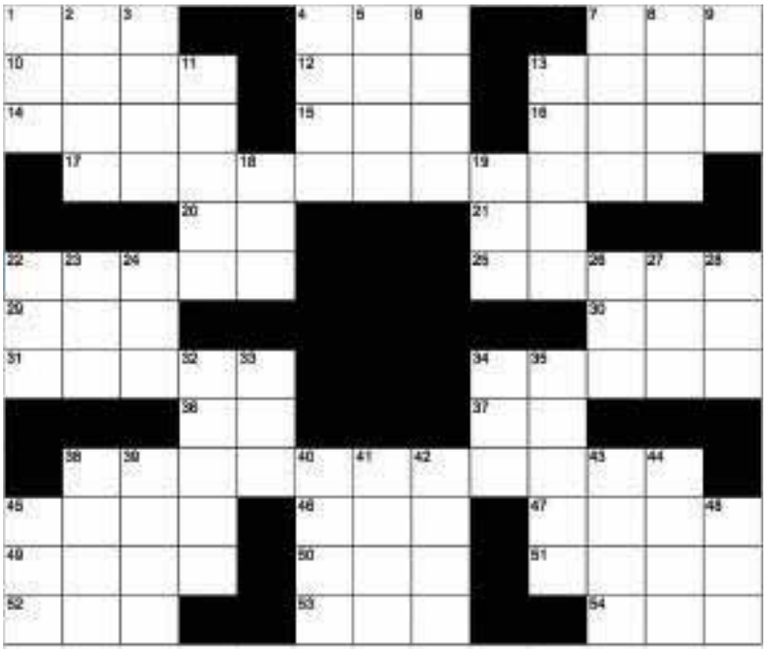
Capricorn
Dec. 22 - Jan. 20
The Sun's change of signs today will encourage you to think deeply about your life and its meaning. Some people may say it doesn't have meaning and that your existence is hollow. But they are wrong, and you know it.

Aquarius
Jan. 21 - Feb. 19
Try not to take anything too seriously today. According to the planets, you need to lighten up a little and the best way to do that is in the company of some of your way out friends. They'll make you laugh.

Pisces
Feb. 20 - March 20
The Sun's change of signs today will make you even more ambitious than usual, and that's good. However, your ambitions need to be tempered by the realization that causes always have consequences. Think before you act. SALLY BROMPTON

Crossword

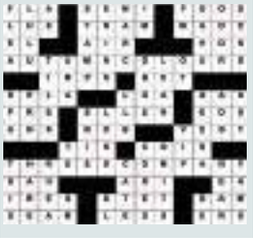
BY BETTY MARTIN



Across
1. Auto navigational device (abbr.)
4. Food scrap
7. Term of respect
10. Israeli airlines
12. Foot digit
13. E-mail request
14. Actress —– Flynn Boyle
15. Small amount
16. Operatic solo
17. "You Belong with Me" singer/songwriter (2 words)
20. Shoe width
21. Railway extension
22. Crown
25. Student assignment
29. Airport info.
30. Summer cooler
31. Ogles
34. Breakfast order
36. Model railroad gauge
37. Musical group: – Vogue
38. Praises
45. Alike
46. Poem
47. Spring flower
49. Chocolate cookie
50. Geese formation
51. Work for a living
52. Lair
53. Have dinner
54. Actor of Lethal Weapon movies

Down
1. Hair product
2. A flat area of ground
3. Gilbert of The Talk
4. Beetle Bailey's pooch
5. Lion sound
6. Turner and Knight
7. Slave
8. Name abbr.
9. Star of Stargate: SG-1 (init.)
11. Hen
13. Glides
18. Jamie — Curtis
19. Tiny
22. Sophia's husband on The Golden Girls
23. Prior to
24. Anger
26. Bag-like structure
27. "Much – About Nothing"
28. Japanese currency
32. —– and Juliet
33. Steep
34. Stinging insect
35. Little Orphan —–
38. Children's classic: The — Bears
39. Auspice
40. The — Boat
41. Brainstorm
42. Greet
43. British transport
44. Procreate
45. Grass
48. Weekend variety show (init.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1			4		3			
6	9						4	7
	7			2		8		
	5		1	4				8
		7				6		
3				9	8		2	
		5		6			8	
9	4						6	5
			2		1			9

Yesterday's Sudoku

2	9	3	6	8	7	1	5	4
4	7	6	5	1	9	3	8	2
5	1	8	2	4	3	6	7	9
9	4	2	8	7	6	5	3	1
6	3	5	1	9	4	7	2	8
7	8	1	3	5	2	4	9	6
1	5	9	4	3	8	2	6	7
8	2	4	7	6	5	9	1	3
3	6	7	9	2	1	8	4	5

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